

## Arlington Council on Aging

### Minutes

*Date: Thursday June 16, 2022 Time: 6:00 pm*

*Present: Anne Brown, Sheila Connerney, Nancy Cox, Mahendra Desai, Nancy Feeney, Mary Hung, Laura Liscio, Michael Quinn*

*Associate members: Rick Fentin, Karen Nichols, Paul Raia, Marjorie Vanderhill*

***Location: This meeting will be conducted in a Hybrid format. Board members have a choice of attending in person or virtually. Residents are asked to attend virtually via zoom following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail [KShah@town.arlington.ma.us](mailto:KShah@town.arlington.ma.us) for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.***

*Kristine Shah, Executive Director*

*Michael Quinn, Chair*

*Sheila Connerney, Secretary*

*The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.*

1. Call to order at 6:02pm
2. Citizen's Open Forum –None
3. Minutes of the May 2022 meeting for approval. Anne Brown moved to approve the minutes. Nancy Cox seconded the motion. The minutes were approved.
4. Executive Director's Report
5. Age/Dementia Friendly
  - a. Caitlin Coyle to present plan to Select Board on June 27, all board members encouraged to join. Meeting is at 7:15pm. Kristine will send link to Zoom.

6. Report of the Chair – None.

8. Minuteman Senior Services Report

Moving back to face-to-face assessments rather than virtual.

Availability of mental health workers has been a challenge.

Health care worker shortage is limiting how much Minuteman can do for seniors.

State and federal funding has increased for elder services, which may help with raising wages.

Working on translating their materials into multiple languages.

10. Old Business – None.

11. New Business

Nancy Feeney inquired about a COA booth at Town Day in September 2022. Kristine will send out a Sign Up Genius so board members can sign up for shifts at the booth.

12. Other Community Announcements – Porch Fest tomorrow.

13. Adjourn. Mary Hung moved to adjourn. Anne Brown seconded the motion. Meeting adjourned at 6:45pm.

**- Next meeting: September 15, 2022**

Executive Director's Report

Kristine Shah

Reopening & Renovation

a. 855 people "active" with COA since reopening Community Center (likely closer to 1,000 as many came who did not check in) - see statistical report b. Remaining pieces of project to be done include A/C HVAC work; exterior signage

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COA Services Update

a. Minuteman Senior Services moved back to building on May 27; Meals on Wheels will

begin operating out of the building as of that date and congregate dining is beginning in July. b. Minuteman staff has also been collaborating with COA frequently this month about PS

clients and using our space for client meetings. c. Food Link will begin providing café pastries one day a week starting this month. d. The Property Tax Relief Info session will be rescheduled for September/October with updated information for FY23. Catholic Heart Work Camp students collaborating with COA again this summer to

provide free house project work for Arlington seniors. f. Monthly Podiatry Clinic will be staying at Dr. Seligman's office for the long term; it has gone extremely well and we provide free van rides door to door. A look ahead to summer programming highlights: BBQ and Magic Show Summer Bash 7/14, Sea Glass Art Class, Wang Theater Tour, Scam Presentation with APD, Petal Pals Garden Club, Shake Your Soul Exercise, World Galore Brain Twisters, Ping Pong...and BINGO! h. Come visit the COA at Porch Fest this Saturday from 12-3

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### III.

#### COA Staff Update

a. We are interviewing 9 candidates for the Receptionist position and 2 candidates for the Van Driver position on 6/16. Chris Angell, COA Office Manager, received MCOA President's Award for 2022

### IV.

#### Other

a. New COA Van through MassDOT Grant should be arriving by September. b. Review of Envision Arlington Diversity Task Force Meeting on June 9

**People that were active between 04/11/2022 and 06/30/2022**

Filters:

Age:

>=60 Site(s):

All

Age Range as of 06/30/2022 Count		
Percent Ages 55-59	14	1.6%
Ages 60-64	49	5.7%
Ages 65-69	139	
16.3% Ages 70-74	20.6	%
Ages 75-79	155	
18.1% Ages 80-84	130	
15.2% Ages Below 55	10	
1.2% Ages Over 85	177	20.7%
	17	
	6	
Unknown		
	0.6	%
Total		
s	855	
	100	%

City/Town

In Town

Count Percent

782 94.8%

43 5.2% 825 100%

Out of Town

Totals

Deceased Count

Percent No

815 98.8%

Yes

1

0

1.2

%

Totals

82

5

100

%

Gender

Female

Male

Count Percent

603 73.1%

221 26.8%

1 0.1% 825

100%

Unknown

## Totals

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Arlington Council on Aging

## Minutes

*Date: Thursday May 19, 2022 Time: 6:00 pm*

*Present: Anne Brown, Sheila Connerney, Nancy Cox, Mahendra Desai, Nancy Feeney, Mary Hung, Laura Liscio, Michael Quinn, Kristine Shah*

*Associate members: Mara Klein Collins, Karen Nichols, Bob Tosi, Marjorie Vanderhill*

*Select Board liaison: Steve DeCoursey*

***Location: This meeting will be conducted in a Hybrid format. Board members have a choice of attending in person or virtually. Residents are asked to attend virtually via zoom following the rules set forth by the Governor's Executive Order on Remote Participation. These meetings are open to the public and all are welcome. Please call 781-316-3401 or e-mail [KShah@town.arlington.ma.us](mailto:KShah@town.arlington.ma.us) for the link to join the virtual meeting which can be accessed by computer with internet access or by telephone for audio access only.***

*Kristine Shah, Executive Director*

*Michael Quinn, Chair*

*Sheila Connerney, Secretary*

*The Council's primary responsibilities are to design, promote, and implement programs and services to address the needs of the community's elder population, and to coordinate existing services in the community.*

1. Call to order 6:05pm

2. Citizen's Open Forum - None.

3. Minutes of the April 2022 meeting for approval. Nancy Cox moved to approve the minutes. Laura Liscio seconded the motion. The minutes were approved.

#### 4. Executive Director's Report

#### 5. Age/Dementia Friendly

a. Caitlin to present plan to Select Board on June 27, 2022.

6. Report of the Chair. We are looking forward to the upcoming June tax deferral program and other programs that may be of value to seniors here. Discussion about other helpful educational sessions that may be useful, ie real estate lawyer-led session.

8. Minuteman Senior Services Report. Working on outreach about available services in their 16 communities. They may participate in Town Day this fall. Display is up at Robbins Library in town to promote services.

#### 9. ASA Liaison Report

a. June 30, 2022, the ASA will be dissolving as an independent 501c3 organization and become a volunteer "Events Committee" under the COA. The committee will be chaired by current ASA president, Claire Foley. This committee will plan monthly/seasonal social events and lectures for the Arlington 60+ community in the center, working with the COA program coordinator.

#### 10. Old Business

#### 11. New Business

#### 12. Other Community Announcements

13. Adjourn. Anne Brown moved to approve the minutes. Mary Hung seconded the motion. The minutes were approved. Meeting adjourned at 7:05pm.

**Next meeting:** June 16, 2022

Executive Director's Report

Kristine Shah

Reopening

a. We welcomed 158 older adults to our first luncheon since 2020 on April 28. The

excitement was tangible. b. We had an additional 75 residents attend our Open House on May 5 from 2-4pm and

50+ residents attend our ribbon cutting event. Thank you to those of you who came! C. We have new people coming in every day for tours and to sign up for classes using our new My Senior Center scan terminal. We have assigned over 250 tags already and have accurate daily numbers of residents who are visiting. d. Our front desk is "staffed" with smiling volunteers during the hours we are open and have played a very helpful role in directing newcomers in the building. e. Remaining pieces of project to be done include the Elevator re-facing and the exterior signage installations.

### COA Services Update

a. We were thrilled to learn about a new program through Community Teamworks that Arlington will be participating in: Low Income Household Water Assistance Program (LIHWAP). Community Teamworks manages our federal fuel assistance and we will soon be able to offer water bill assistance to qualifying residents as well. Jeety Gandhi, who manages our fuel assistance applicants, will be managing the LIHWAP program as well. b. Minuteman Senior Services is moving back in to the building on May 27; Meals on Wheels will begin operating out of the building the following week and congregate dining will begin July 1.

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C. On June 23 at 5:30; Rick Fentin and Michael Quinn will be leading a Property Tax Relief Info Session for residents. d. Our Lahey Farm Share program will be back in person this year and is beginning on June

13. This will service 70 residents weekly. The Spring Tea is taking place on May 19 and almost 50 people have registered to

attend. f. We are beginning two new Thursday evening activities at the center: Zumba and Dementia/Alzheimer's Support Group g. Other new classes and groups include Sea Glass Art, Potting with Purpose and Shake

Your Soul fitness classes. We also have a (miniature) horse therapy event planned for August. We have also been gifted a new ping pong table and plan to have weekly ping pong in the main hall starting this summer. h. Since reopening we have also welcomed back our Chinese Singing Group, Mahjongg

players, Cribbage Players, Pool players, and many other familiar faces. i. 5 Harry Barber volunteers have completed their hours and are receiving their rental assistance this month.

### COA Staff Update

a. We currently have two positions posted: Receptionist and Van Driver